



NORTH NEWS

NEWS FROM THE HUDSON SENIOR CENTER

A PROGRAM OF THE HUDSON NH RECREATION DEPARTMENT

JOIN US 4 DAYS A WEEK!

Happy Valentine's Day!

Thank you so much for your patience as we continue to add programs and work to being back to full capacity! Check out the schedule on the next pages and see what we have going on that's new for 2022! We look forward to having you back at the Hudson Senior Center for activities!

Please RSVP for all your programming by stopping by or you can call 578-3929. See you soon!



NEW SCHEDULE!

Here is our updated schedule! Please check the next pages to see what is available, including new (and changed) class offerings and times!

INCLEMENT WEATHER!

Yes its that time of year to prepare for Inclement Weather. Be sure to watch the local Government Channel HCTV or WMUR TV or WMUR Website. We will also display it on the Town of Hudson Website under the Senior Center Pages. Look for the Inclement Weather Tab!

CORONAVIRUS ~ COVID -19 INFORMATION

The Senior Center will continue to follow all local Government Rules and Regulations as well as all State of New Hampshire Rules and Regulations in regards to the Coronavirus Pandemic. As a general rule...if you do not feel well please stay home regardless of your vaccination status.

MASKS AT THE SENIOR CENTER

We are currently wearing masks at all times at the Hudson Senior Center. Mask updates will be on the Town of Hudson Website on the Senior Center page. We will also email any changes of the mask mandate out to our email list. To be added to the email list please let Lori know in the office. We have paper masks for your use at the Senior Center if needed. There are also 5 hand sanitizer stations at the Hudson Senior Center for your use. 1



SENIOR CENTER SCHEDULE!

Please see the following pages for more information on our activities!

MONDAY

8:00am Center Opens
9:30am Aerobics \$5
11:00am Strength & Balance \$5
1:00-3:45pm Ping Pong
1:00-3:45pm Corn Hole
4:00pm Center Closes

WEDNESDAY

8:00am Center Opens
9:00am Silver Knitters
9:00am Activity Room - See Page 6
1:30pm Center Closes

FRIDAY

9:00am Arts & Crafts Classes
– must RSVP – the Center is only open for Crafting Classes on the dates below.

THURSDAY

9:00am Line Dancing - Beginners \$5
9:30am Walking Group or Snowshoeing
10:30am Line Dancing – Intermediate \$5
1:00pm Aerobics \$5
2:30pm Strength & Balance \$5
4:00pm Center Closes

TUESDAY

8:00am Center Opens
9:00am Tech Help Tuesdays
9:30am Walking Group
10:00am Hearing Help (1st Week)
10:00am North Barn Presents
1:00pm Movie Afternoon
4:00pm Center Closes

CLOSED DATES

February 21, 2022
Presidents Day

PAINTING CLASS!

Cost is \$20 per person and covers all your supplies! We will be painting the third Friday of each month.

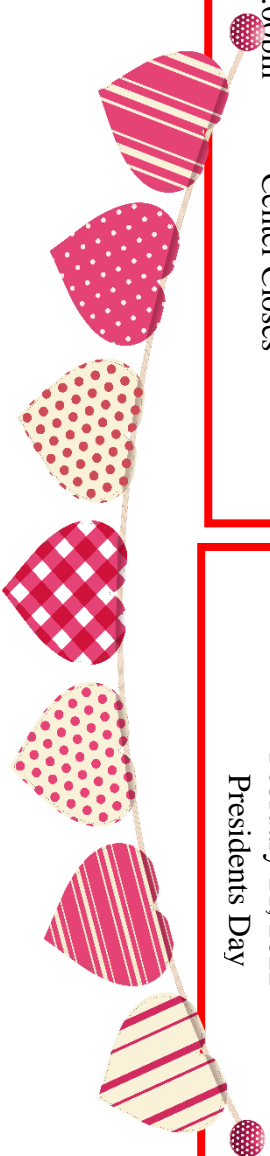
Upcoming Painting Classes:

February 11 – I Gnome You!

March 11 – Mad Hatter

April 15 – Button Trees

Payment is required at RSVP. You can make checks out to the *Town of Hudson* or pay with cash at the center. The sample paintings will be on display at the Senior Center. Please call 578-3929 with any questions! Space is limited and classes fill quickly!





AMENITIES & ACTIVITIES

SHUFFLEBOARD

The newest addition to the Senior Center is our Shuffleboard! This was a generous donation by the Council on Aging and is located in the Activity Room. Come check out our beautiful new Shuffleboard table and play a game! It is really easy to learn and play!

PUZZLE LIBRARY

We have a closet full of puzzles to share with you! It is located in the Activity Room. Just like our other lending library you are welcome to borrow and bring back puzzles to share with others. We also offer a puzzle swap on the first Wednesday of each month. More information on the puzzle swap is on page 8.

AFFORDABLE HEARING AIDS

Chris Streeter is here the first Tuesday of every month for appointments. Please sign up at the Senior Center or call 578-3929 to make an appointment.

BILLIARD TABLE!

The table is available during open hours. There is always someone to play against in the morning. Be sure to come in and add your name to the list on the wall if we have a crowd! Located in the Activity Room!

SILVER KNITTERS

This is our crafting group! We don't care if you knit, needle point, crochet or just plain craft! Join us on Wednesday Mornings in the Function Room! Please bring whatever project you are working on and pull up a chair! Wednesday 9:00 – 11:45 am

LIBRARY

Our lending library is ready for your next great book find! Please stop by and check it out! All the books are organized by author. All of our books come from donations, so if you would like to add to the library please drop off books in the basket. We also offer a book swap on the first Wednesday of each month in the Activity Room. This is where we put out the newest donations to the library. Information on book swap is on page 6.

LINE DANCING

We offer two levels of classes for our Line Dancing enthusiasts! Please RSVP if you would like to join our class as we have a limit to the number of participants at this time. Class is \$5 per person.

STRENGTH & BALANCE

Our Strength & Balance class will improve your overall health! Join us Monday mornings and Thursday afternoons for this fun workout! Class is \$5 per person.

AEROBICS

Join us for Aerobics with Sylvie! This high energy, go at your own pace aerobics class is offered on Monday Mornings and Thursday Afternoons. Class is \$5 per person. 3



ACTIVITIES

MOVIE AFTERNOON!

Tuesday at 1:00pm in the
Function Room

February 1 – Cats

February 8 – Knives Out

February 15 – Dark Waters

February 22 – A Beautiful Day in the
Neighborhood

March 1 – Midway

March 8 – Bombshell

March 15 – Jumanji-the Next Level

March 22 – Maleficent 2

March 29 – 1917

April 5 – Judy

April 12 – The Jungle Cruise

*Movies are subject to change based
on availability.*



NORTH BARN PRESENTS

This is our presentation series on Tuesday Mornings at 10:00am. We offer lots of different types of programs and presentations for our patrons to come learn, listen or participate in! RSVP is suggested but not always required. See page 5 for the schedule

WALKING CLUB

Tuesday and Thursday mornings in good weather please join us to take a walk! We will stick to the main paths of Benson Park and wander around our beautiful area! We will begin at 9:30am, meet in the Senior Center lobby!

SNOWSHOEING CLUB

Our walking group turns into the Snowshoeing Club in the winter! Once the snow flies we will start heading out on snowshoes into Benson's Park, and we have been known to venture to other parks in the area. Let us know if you want to join us so we make sure you know where to meet!

TECHNOLOGY HELP TUESDAY

John is once again available for appointments to help with your Technology needs! Please sign up for a time on Tuesdays to meet one-on-one with John!
For an appointment call 603-578-3929!

SNOWMAN CONTEST

We will be holding our first Snowman (or Snowperson) Contest at the Senior Center this winter! Be ready when it snows! Snowpeople can be made at your place or ours! Send a picture to lbowen@hudsonnh.gov if you do make your Snowperson at home! If you make it here at the Senior Center please let us know! There are no rules as to how big or small your Snowman is...and you can create using a team! Have fun with this great outdoor activity!



The North Barn Presents

Tuesday Mornings at 10am ~ RSVP is suggested

APRIL 19, 2022

ENTERPRISE BANK

Dave Forman from Enterprise Bank will be here to share tips and tricks to balancing your checkbook and paying bills. Please RSVP for this presentation. All are welcome and bring your banking questions!

APRIL 5, 2022

Country Music Performed by Bob Almeida

Come listen to our resident Country Music Star!
Join us for this fun musical morning!
10am in the Function Room

FEBRUARY 1, 2022

POETRY READING

Please join us for a Poetry Reading! We have many wonderful Poets that come to the Center that will be sharing their work with us!

MARCH 15, 2022

TRIVIA WITH JOHN WATKINS!

Join us in the Function Room for some fun with Trivia! John brings a variety of music, TV, Military and Pop Culture trivia!

MARCH 1, 2022

TOWN OF HUDSON WARRANT ARTICLE INFORMATION AND HUDSON SCHOOL DISTRICT VOTER INFORMATION SESSION

COFFEE WITH THE COPS!

The Hudson Police Department will once again be joining us for presentations on different subjects involving Community Policing. Last Tuesday of each month. **2/22, 3/29, 4/26**
February 22, 2022 - Warrant Article Information

FEBRUARY 15, 2021

NH CREMATION SOCIETY

Please join us for an informative conversation about the next steps in your future forever plans.

MARCH 8, 2022

HUDSON NH ELECTION DAY!

There is no presentation this day to allow our voters an opportunity to vote!

Town Deliberative Session – 2/12/2022

School Deliberative Session – 2/5/2022

Hudson Candidates Night – 2/24/2022

Deliberative - 9am at the Hudson Community Center
Candidates Night – anticipated time: 7:00pm

APRIL 12, 2022

EASTER SEALS

Representatives from Easter Seals will be presenting at the Senior Center. Join us for a morning of learning about this great Service and Volunteer Program!

MARCH 22, 2022 DAVE SMITH PHOTOGRAPHY

Dave will be here presenting photographs on March 22, 2022 at 10am.
Please join us in the Function Room!



WEDNESDAY in the ACTIVITY ROOM

Wednesdays are amazing in our Activity Room and I wanted to share why! This is some of our new programming options and offerings! Please feel free to join us! Each week is a different Activity!

FIRST WEDNESDAY ***BOOK & PUZZLE SWAP*** **8:30am – 1:00pm**

We are now hosting a BOOK SWAP and PUZZLE SWAP on the first Wednesday of each month! Please bring your books and puzzles to share to the Activity Room and browse through other books and puzzles that have been brought in!

SECOND WEDNESDAY ***Home Health & Hospice** **Foot Care Clinic ***

We host a foot care clinic on the 2nd Wednesday of the month. Please call 603-689-2899 to set up an appointment. Please be aware if the Center is closed due to inclement weather there is no Clinic.

THIRD WEDNESDAY ***BOOK CLUB***

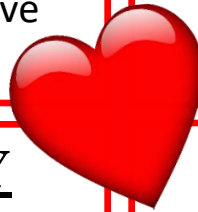
Welcome back to the Book Club! We will meet the 3rd Wednesday of each month at 10:00am.
Our Book Club is special because each month we read to a theme...it could be Author, Subject, Time Period etc.
Please join us!

FOURTH WEDNESDAY ***Home Health & Hospice** **Foot Care Clinic ***

We also host a foot care clinic on the 4th Wednesday of the month. Please call 603-689-2899 to set up an appointment. Please be aware if the Center is closed due to inclement weather there is no Clinic.

FIFTH WEDNESDAY ***QUILTING GROUP***

The next meeting of our quilting group will be
March 30, 2022 at 10:00am in the Activity Room.
Please join us if you are a quilter, want to be a quilter or just curious!





SPECIAL NOTICES

LOOKING FOR VOLUNTEERS

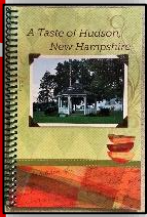
We are looking for volunteers at the Hudson Senior Center!

Bingo Callers

Board Game Starters

Knitting & Crochet Teachers

If any of these tasks interest you please stop by and speak to Lori about the NEW Volunteer opportunities here at the Hudson Senior Center!



TASTE OF HUDSON COOKBOOK \$10

If you are looking for a great find for yourself or others consider picking up a cookbook at the Senior Center! The recipes came from the Town of Hudson Employees and the book features great photos of Town Landmarks! All proceeds benefit the Hudson Food Pantry.

HELPFUL LIST CREATION

We are hoping you can help us! Do you have a housekeeper looking for new clients? A hair dresser that gives Senior Discounts or is willing to travel to someones house? Do you have a trusted service who gives "Rides" to doctors appointments? We are compiling a list of resources for our local friends...of our local friends! Please call or email Lori with any information you can provide. Thank you ahead of time for helping a neighbor!

INDOOR PICKLEBALL

We are still working on the details of indoor Pickleball. Current Registrants of the Senior Center will receive any details through email as soon as we have updates. (You must be registered to play Indoor Pickleball.)

We will start playing indoors in February 2022, watch for more information!

EMAIL LIST

There are now two ways to receive emails from the Senior Center. One is make sure Lori has your correct email on file. The second is you can go to the Town of Hudson Website and in the top right hand corner Click on HOW DO I Then click on STAY CONNECTED click on RECEIVE TOWN EMAIL NOTIFICATIONS Click the box next to Senior Center Notifications and register your email. Now you will receive up to date information when it is posted!

VOTE IN MARCH 2022

There are some important Senior Center related items on the Town Ballot this year. Be sure to come to the information sessions in March to get the information you need to vote!

Vote informed this year! Also check out:

CTE Center at Alvirne High School Open House – February 9 – 5:30-7:30pm

Coffee with the Cops at– February 22 – 10:00am – Hudson Senior Center

Voter Information – March 1, 2022 – HSCenter



ABOUT THE SENIOR CENTER

HUDSON RECREATION DEPARTMENT - SENIOR CENTER PROGRAM
LOCATED IN THE NORTH BARN AT BENSON PARK

19 KIMBALL HILL ROAD, HUDSON, NH 03051

603-578-3929

WWW.HUDSONNH.GOV

cpeterson@hudsonnh.gov

lbowen@hudsonnh.gov



2014



2021

EMAIL LIST!

New to the Center! We will also be able to email your newsletter to you!

As well as any updates and special event information! To stay in touch with all things happening at the Senior Center please register and add your email to our database! If you are not receiving emails please let us know. Also you can try adding lbowen@hudsonnh.gov to your contacts if you are on our list but not receiving emails.

REGISTRATION FOR 2021

If you would like to continue being a part of the Hudson Senior Center and coming to activities you need to register for the 2021-2022 year. We began registration for the year on July 15, 2021. Our next new year will begin on July 1, 2022. You can drop by the Senior Center any time we are open to re-register, or register for the first time! It is \$10 a year (we run a fiscal year at the Senior Center) to belong and we accept cash or checks made out to the Town of Hudson.

Be sure to get the new sticker on your badge if you are re-registering! If you are registering for the first time please leave enough time to fill out paperwork and sit for your photo ID! Forms are also available on the website

The 5 W's & 1 H about the

Hudson Senior Center

What: The Hudson Senior Center is an active adult recreation center that focuses on improving the daily activities of the local population of residents age 55 or older.

Who: Anyone over the age of 55, or their spouse if younger

Where: 19 Kimball Hill Road, Hudson NH (603) 578-3929

When: Monday, Tuesday & Thursday 8am-4pm
Wednesday 8-1:30pm
(subject to change)

Why: To be more active, make new friends, have a good lunch, get in shape, stay healthy and more!

How: Register any day at the office! \$10 registration fee per fiscal year; per person. You can also download the forms off the website at:

<https://www.hudsonnh.gov/seniorcenter>